

Urbana Senior Center

UrbanaSeniorCenter@FrederickCountyMD.gov ♦ 301-600-7020 ♦ www.FrederickCountyMD.gov/aging

January Program Highlights

Mobile Information and Assistance (I&A)

A team from Md Food Bank, Energy Assistance and the Department of Aging will visit the center to provide information, answer questions and complete applications for SNAP (food stamps), Energy Assistance, and Medicare Subsidies.

Date: Wednesday, January 9
2nd Wed of each month
Appointments are encouraged

Time: 10:00 a.m.

Cost: Free

Omelet Bar/Ask Nurse Steve

Omelets created to order! Choose from a variety of ingredients to make lunch your way. Steve Stoyke will talk about "What are the Four Main Types of Disease? Am I at risk?"

Date: Wednesday, January 16
Sign-up by Monday, January 14

Time: Noon

Cost: \$4.80 (Regular lunch fee)

Blood Pressure Screening

Stop in for a blood pressure check!

Date: Tuesday, January 8 & 22

Time: 1:00 p.m. **Cost:** Free

Date: Wednesday, January 16

Time: 11:30 a.m. **Cost:** Free

Drop-in Any Time

Drop-in anytime we are open to use our computers/WiFi, play a game, have a cup of coffee or tea, read the newspaper, or chat with other seniors.

Men's Discussion Group

Finally, a group for men only! Discussions may include: current events, movies, books, retirement, family...whatever is on your mind. Coffee provided.

Date: Wednesday, January 10 & 31

Time: 9:30 a.m. **Cost:** Free

Fall Prevention

Learn tips and techniques to help prevent falls. Janna S. Barrick, OTR/L, Occupational Therapist, Five Star Rehabilitation and Wellness at Somerford of Frederick will be giving this talk.

Date: Wednesday, January 9

Time: 12:45 p.m. **Cost:** Free

Stitching Post

Come to knit, crochet, or just talk. This is an informal group whose members help each other with projects, patterns, and learning new skills.

Date/Time: Mondays 10:00 a.m.

Date/Time: Tuesdays 1:00 p.m.

Cost: Free

Exercise to Video

Fulfill one of your New Year's resolutions at the senior center – come exercise with us!

These videos are made especially for seniors.

Dates: Mondays through Thursdays

Time: 11:00-11:30 a.m. **Cost:** Free

Computers/WiFi

Computers, with high-speed Internet access, are available for use any time the Center is open. Free WiFi is also available.